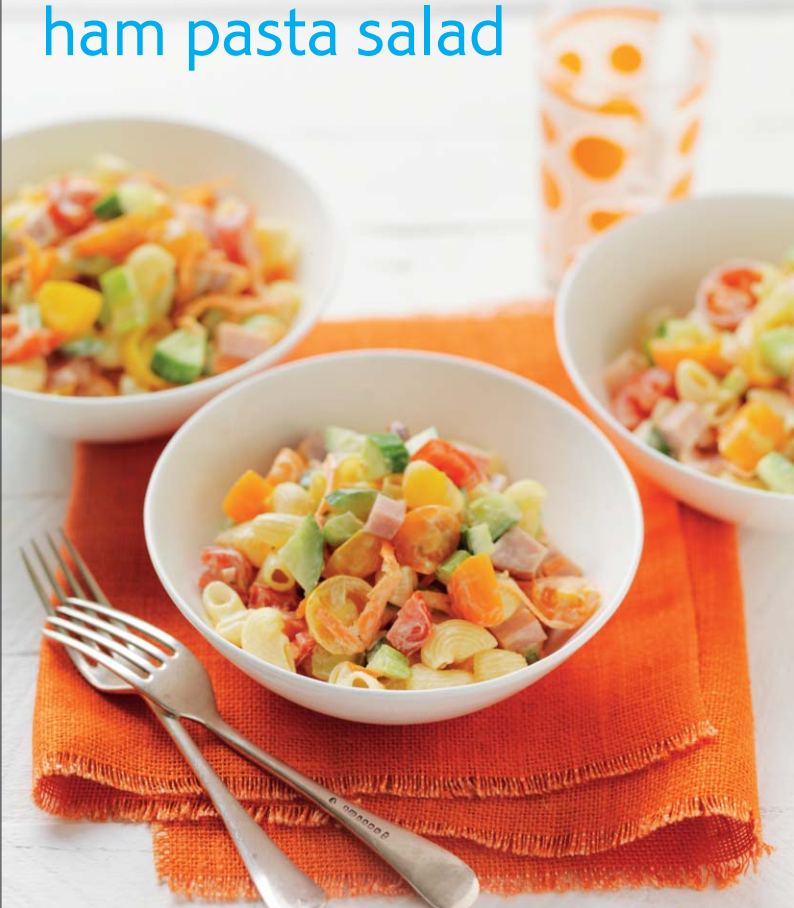


Tomato, cucumber & ham pasta salad



Tomato, cucumber & ham pasta salad

Preparation: about 20 minutes
Cooking: about 10 minutes
Serves: 4

A great salad for picnics or the school lunch box.

200g dried mini pipe rigate pasta
1 stick celery, trimmed and chopped
2 Lebanese cucumbers, diced
250g mixed small tomatoes (like cherry, mini roma, yellow tear drop)
1 carrot, peeled and roughly grated
200g chopped sliced leg ham

Yoghurt & Mayo Dressing

½ cup Greek-style natural yoghurt
¼ cup whole egg mayonnaise
Salt and ground black pepper

1. Cook pasta in a medium saucepan of boiling water, following packet directions, until just tender. Drain and refresh in cold water. Set aside in a colander to drain well. Place in a large bowl.
2. Add celery, cucumbers, tomatoes, carrot and ham to pasta. Whisk yoghurt, mayonnaise and salt and pepper to taste in a bowl. Drizzle mixture over pasta, gently toss to combine and serve.



Tomatoes

- The red colour of tomatoes comes from pigments, some of which are changed in the body into vitamin A (good for eyes). The redder the tomato, the better.
- The skin, seeds and flesh of tomatoes provide fibre to keep the intestine healthy. Cherry tomatoes have the highest levels.



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